

January Mentor Connection

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Council of State and Territorial Epidemiologists

## January 2020 Mentor Connection

Happy New Year and welcome to the Mentor Connection! We hope you got to know your mentor/mentee a bit better through sharing the goal setting exercise. If you haven't already completed and discussed the goal setting worksheet, be sure to do so by the end of January. Activities in the next couple of months will help to further develop your relationship and meaningfully contribute to your professional development.

### CSTE Announcements

- This year's [CSTE Annual Conference](#) theme is, “***Think outside the box—cross train your brain.***”
  - The Conference will be held in Seattle, Washington, on **June 28-July 2, 2020.**
- The [2020 Jeffrey P. Davis Student Scholarship](#) application is now open. Applicants can anticipate being notified by mid-April.
  - [Click here](#) to apply by the deadline of **March 12, 2020.**
- As a reminder, Shelby Lyons will be the main point of contact for the mentorship program moving forward.
  - Please reach out to her for any questions or concerns at [slyons@cste.org](mailto:slyons@cste.org).

### Basecamp

- If you have not yet joined the Basecamp group, you can do so [here](#).
- Please check out the message board feature on Basecamp. We encourage you all to start your own discussion thread on a professional development topic that interests you.
- Feel free to add to the “Articles to Share” folder.

### Upcoming Tasks

*Please complete each task individually and set up a time to discuss together. You can set separate internal deadlines for each task or have a longer conversation about both at once. The activities have been posted on Basecamp.*

- GPS•R exercise (Due at the end of February)

## Suggested Discussion Topics

*Mentors and mentees should be communicating regularly, at least once a month throughout the program. These meetings can happen via video or phone call, email, or instant messenger—whatever works for you!*

We will be providing some general discussion topics in each monthly Mentor Connection to help guide your conversations. See the list below for some ideas for this month:

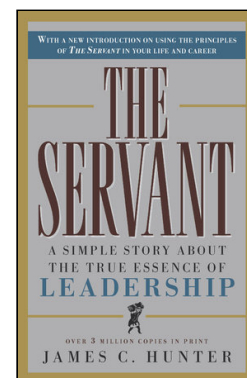
- Self-assessment and goal setting exercise results
- Networking
- Balancing hard skills (technical skills, database management, writing, facilitating/presenting) vs. soft skills (problem-solving, working in teams)
- Resume/CV development
- Transitioning between positions within your agency

## What Are You Reading?

*What are you reading? We'd like to know, so tell us how you're expanding your mind these days, either personally or professionally (i.e., fiction or non-fiction, fantasy, graphic novels, etc.) and we'll share them in each Mentor Connection. Submit authors and titles with a brief summary and critique to [slyons@cste.org](mailto:slyons@cste.org) and we'll take it from there.*

This month's recommendation is [The Servant: A Simple Story About the True Essence of Leadership](#) by **James C. Hunter**.

From Amazon: With an introduction on using the principles of The Servant in your life and career, this book redefines what it means to be a leader. In this absorbing tale, you watch the timeless principles of servant leadership unfold through the story of John Daily, a businessman whose outwardly successful life is spiraling out of control. He is failing miserably in each of his leadership roles as boss, husband, father, and coach.



To get his life back on track, he reluctantly attends a week-long leadership retreat at a remote Benedictine monastery. To John's surprise, the monk leading the seminar is a former business executive and Wall Street legend. Taking John under his wing, the

and sacrifice.

Along with John, you will learn that the principles in this book are neither new nor complex. They don't demand special talents; they are simply based on strengthening the bonds of respect, responsibility, and caring with the people around you. The Servant's message can be applied by anyone, anywhere—at home or at work.

If you are tired of books that lecture instead of teach; if you are searching for ways to improve your leadership skills; if you want to understand the timeless virtues that lead to lasting and meaningful success, this book is one you cannot afford to miss.

Note: While CSTE recommends these books for casual reading, the themes and ideas contained are those of the author, and CSTE does not necessarily endorse or promote them as part of the organizational mission/vision.

## Get Inspired!

*What inspires you? We will use this section to share motivational and thought-provoking content relevant to public health, professional growth, or other topics that you find meaningful to your work. Submit your favorite online articles, videos, podcast episodes or series, etc. to [slyons@cste.org](mailto:slyons@cste.org) to be featured in the next Mentor Connection.*

In this 11-minute TED talk, "[How get better at the things you care about](#)," Eduardo Briceño reveals a simple way to think about getting better at the things you do, whether that's work, parenting or creative hobbies.

Briceño also shares some useful techniques so you can keep learning and always feel like you're moving forward.

## Training Opportunities

*CSTE will be highlighting training opportunities each month. Email Shelby Lyons at [slyons@cste.org](mailto:slyons@cste.org) if there is a training opportunity you would like us to highlight. You can also post any trainings to the Basecamp message board.*

For the month of January, we are featuring CDC's [Public Health Grand Rounds](#):

January's session is on The Emerging Role of Pathogen Genomics in Public Health on **January 21<sup>st</sup> at 1:00 PM EST**. The Public Health Grand Rounds website also has recordings of previous sessions.

CDC Public Health Grand Rounds is a monthly scientific presentation featuring the important work that CDC is doing in the United States and around the world to protect people and save lives. Experts discuss major public health issues, key challenges, cutting-edge scientific evidence, potential solutions, and recent developments. Each session is the result of a rigorous process which takes months

This attention to detail ensures that our audiences receive up-to-date, scientifically accurate, and usable information. Grand Rounds welcomes clinicians, researchers, students of public health, medicine and nursing, and the public that we serve to attend in person or watch the live webcast.

Did you miss the live session? No worries! We invite you to watch Grand Rounds on our “On Demand” page where we archive each session for your convenience. Free Continuing Education is available for most topics.

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